

Eat Well Be Active

Eat Well Be Active is a six week series that will assist State employees, retirees and their dependents to set goals to motivate them to make changes to achieve a healthier lifestyle.

Each lesson will include facilitated discussion, physical activity energizers, food tasting and hands on activities. Current research on a variety of topics will also be included. Participants will review additional materials between classes and share how they will use the information to make changes. Sessions will be scheduled during the lunch hour or a time that is convenient for the group. Pre and Post surveys and food recalls will be used along with goal setting to evaluate the program series.

Content of Lessons

Enjoy Healthy Food that Tastes Great

- Setting the stage for behavior change
- Setting realistic, measurable and achievable goals
- Making small changes to reduce sodium, added sugar, and adding healthier fats
- “Rethink Your Drink” activity
- Fact or Fiction

Quick Healthy Meals and Snacks

- Reflections on goals for last week
- Making conscious food choices
- Healthy food choices when eating out
- Tips to prepare healthy meals
- Fact or Fiction
- MyPlate and portion size

Eating Healthy on a Budget

- Reflections on goals for last week
- Planning, purchasing and preparing healthy food on a budget
- Preparing meals and snacks in advance
- Modifying recipes to reduce sodium, fat, sugar, and calories

- Muscle strengthening chair exercises
- Fact or Fiction

Tips for Losing Weight and Keeping it Off

- Reflections on goals for last week
- Determining Body Mass Index (BMI); calories needed per day to maintain or lose weight
- Keeping a food recall and plan to track calories and physical activity
- Tips for cutting back on calories and increasing physical activity
- Fact or Fiction
- Weight Loss and Physical Activity apps and web sites

Making Healthy Eating Part of Your Total Lifestyle

- Reflections on goals for last week
- Concepts of a healthy lifestyle; balancing calories and activity; big picture approach
- Being mindful-Go Slow Whoa foods
- Whole grains
- Fact or Fiction

Physical Activity is Key to Living Well

- Reflections on goals for last week
- Benefits of physical activity and current recommendations; developing a plan
- Strength training
- Reading and understanding Nutrition Facts Labels and ingredients lists
- Cutting back on sodium
- Dairy
- Fact or fiction

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